



September 5, 2019

Tobacco Cessation: Be A Quitter Workshops

Are you interested in quitting tobacco? Have you tried before, but you were not successful on your own? Please join in this 8-week online group class to learn healthy and positive ways to become tobacco-free for life. This class is taught by a CareHere Tobacco Cessation coach and will offer one on one, as well as group support. It is very important for participants to attend and actively engage in all meetings to get a full experience of support and knowledge. A workbook, along with other materials, will be sent to your email address once you register for this webinar, please check your CareHere account and make sure your information is up to date. Registration for the first class implies attendance in all 8 sessions.

If you are interested in attending the workshops, see the below registration information. Completing this workshop is an eligible [Next Step](#) activity AND [Nicotine Free](#) activity to help you earn the Live Life Well Incentive!

Dates: Tuesdays; September 10, 17, 24; October 1, 8, 15, 22, 29; 12:00 p.m.-1:00 p.m.

Location: Webinar URL to be sent to registered participants.

To Register: Go to www.CareHere.com, select Member Login, and log in with your Username and Password.

- Click on Appointments.
- Click on "Schedule Appointment" under Wellness.
- Click on date of the class.
- Select the drop-down subtitle "What".
- Select Classroom (the word Classroom might be in gray, however, please click on it).
- Click Get Appointments.
- Select the Class Name in blue you wish to attend.
- Select Make Appointment.

Please read directions carefully and make sure you choose the date of the first class and the header it is listed under. If 'No Appointments Available' appears, the class is full. You may also call 855-200-6822 for assistance with registering.

State of Montana Health Care & Benefits Division

Call (406) 444-7462 or Toll-Free (800) 287-8266

Hearing Impaired TTY (406) 444-1421 - Fax (406) 444-0080

Email benefitsquestions@mt.gov

PO Box 200130, 100 N. Park Avenue, Suite 320, Helena, MT 59620-0130

"Like" us on Facebook! <https://www.facebook.com/livelifewellMT/?ref=hl>

Non-Discrimination Notice: The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-999-1062 (TTY: 1-855-999-1063).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-999-1062 (TTY: 1-855-999-1063).